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## Editorial

Syed Shibli Manzoor, Dubai  
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Dear readers.  
 Assalamo Alaikum

May Allah accept the sacrifices you made on this Eid UI Adha.

In a state of immense contentment I am presenting the Dec'09 issue. Right here, before you is the awaited collection of articles, expressions of thoughts, sharing of successes and moments of happiness that we call “BAKHABAR”.

Since this is the first issue after my association with Bakhabar as the chief editor, you may encounter imprecision. I anticipate your exoneration for that. The overwhelming response I got from everyone, had been the driving force behind the completion of this tedious task. At this instance I will take a note to thank all the contributors for their worthy articles. Believe me, all the write ups were masterpieces and left no substantial scope for editing.

Bihar Anjuman is doing its best for serving the section of the community that is in dire need of support, to survive and to sustain. B.A focuses on making individuals stand on their own, and benefit generations to come.

A handful of other groups, on a larger or smaller scale are doing the same.

But, Referring to what statistics say about the condition of Indian Muslims, I would ask.. are these groups enough to cater to the needs of hundreds of millions of underprivileged Muslims?

Yes..! I said “MUSLIM”..... People, who are no other than the worshipper of same Allah and the follower of same Muhammad (PBUH) as we worship and follow.

Stop restraining our thoughts to the boundaries of our home and family. We are member of a large family of followers of “ISLAM”, and on the Day of Judgment, will be held responsible for the sufferings of the other.

I would urge you all, to come forward for the rescue of our tragedy stricken fellow Muslims:

The tragedy of having no one to wipe their tears..... The tragedy of not being as fortunate as our children are..... The tragedy of not having a promising future..... The tragedy of bearing potential but lacking resources..... The tragedy of not having any hope for their generations to come..... The tragedy of absence of one who can hear their sobs....

It is not always necessary that we need to take up big tasks and contribute heavily. Even, slightest of honest effort for betterment of our fellow Muslims will fetch us great rewards here and here after.

The woods are lovely dark and deep.  
 But I have promises to keep,  
 And miles to go before I sleep...

Syed Shibli Manzoor

## Life is....

We neglect our health , time with our family and to appreciate the surrounding beauty and the hobbies we love.

One day when we look back , we will realize that we don't really need that much, but then we cannot turn back time for what we have missed.

Life is not about making money, acquiring power or recognition .

Life is definitely not about work!

Work is only necessary to keep us living so as to enjoy the beauty and pleasures of life.

Life is a balance of Work and Play, Family and Personal time. ( And remebering our Creator all the time:

You have to decide how you want to balance your Life.

Define your priorities, realize what you are able to compromise but always let some of your decisions be based on your instincts.

Happiness is the meaning and the purpose of Life, the whole aim of human existence.

( And Allah says :the real happiness comes from the Zikr of Allah):

So, take it easy, do what you want to do and appreciate nature.

Life is fragile, Life is short. Do not take Life for granted. Live a balanced lifestyle and enjoy Life!

## State terrorism and Muslim youths

[http://www.twocircles.net/2009aug12/state\\_terrorism\\_and\\_muslim\\_youths.html#at](http://www.twocircles.net/2009aug12/state_terrorism_and_muslim_youths.html#at)

By Abu Zafar Adil Azmi,  
(Translated from Urdu by Mumtaz Alam Falahi)

This is a fact that no society can live long with injustice and double standard in giving justice to its people. Unfortunately our country India is fast turning into a society of that character. The attitude of police, administration and judiciary towards Muslim youths arrested in connection with terror cases shows the double standard of justice in the country.

There were several devastating bomb blasts in the country in 2008 in which hundreds of people were killed and several hundreds injured. Consequently, hundreds of Muslim youths have been put behind bar under the charges of terror activities.

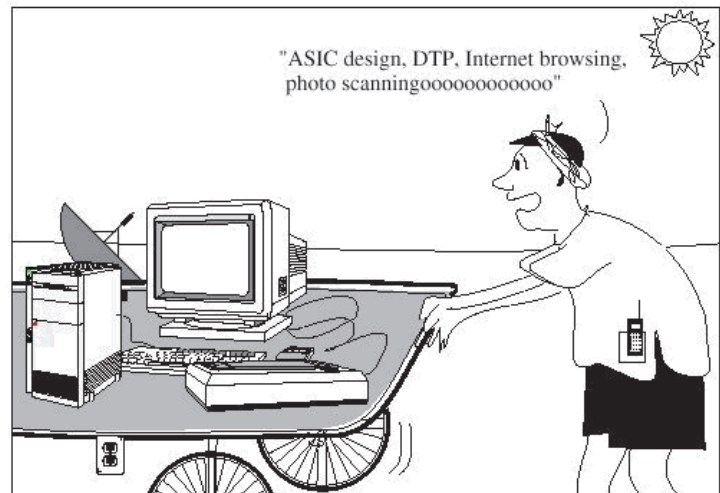
In the name of terror every year scores of Muslim youths had been arrested for past some time but the trend got momentum soon after the blasts in courts in Uttar Pradesh in 2007 and it is still going on. The details of the cases against the Muslim youths show that the police and administration have deliberately implicated them in scores of cases. Given the speed of disposal of court cases, it seems they will perhaps be never released.

Cases against terror accused in different places

Name	Ahmedabad	Surat	Delhi	Mumbai	Jaipur	Others	Total
Sadiq Sheikh	20	15	5	1	Hyd, Kol		54
Arif Badr	20	15	5	1			41
Mansoor Peerbhoy	20	15	5	1			41
Md Saif	20	15	5	5			45
Mufti Abul Bashar	21	15			Belgam, Hyd.		40
Saifur Rahman Qayamuddin	20	15		6			40
Kapadia Jawed Ahmed	21	15	5		Indore		40
Sagir Ahmed	21	15					36
Ghyasuddin	21	15					36
Zakir A Haq Sheikh	20	15		1			36
Saqib Nisar	20	15	5				40
Zeeshan	20	15	5				40

## The Eid Of Sacrifice Teaches Us For Sacrifice Of

- Wealth For Work Of Allah
- Time For The Noble Works
- Proudness To Be Humble
- Anger To Become Polite
- Show Off To Be Simple
- Selfishness To Become Good Human
- Individual Benefit For The Benefit For Community



Janardhana Swamy & Raju (swamysv@hotmail.com)

## Three years in Captivity\* Heart Touching...Must Read

contributed by Dr.Imteyaz Ahmed Khan, (khanimteyazahmed@yahoo.co.uk)

Today I feel as if I am only three years old and the rest of the years of my life have no value. Ibn Taymiyyah also spent 36 months imprisoned in the citadel during which he completed reciting the Quran 80 times. He would put his head on the floor in prostration from Isha until Fajr (all night long) repeating the supplication, "O Allah! Help me to remember You, be grateful to You and to worship You with excellence." This is what you call a blessed, productive life.

### Life is ebbing away with passage of every second of our precious time.

Prison teaches you the value of time. We are nothing more than a combination of days, hours, minutes and seconds. When a day passes a part of us die along with it never to return. Time is immortal. We can never kill time but it is time that devours us day after day after day.

People say that time is money. This is an illusion. Money can be replaced but lost time can never be replaced. Time is the most precious thing we possess. Ask the dead in the graves whether they would prefer time or money. They would probably give the whole earth full of gold in exchange for the chance to pray just one more salah. How deprived is the one who wasted years of his life waiting for a 'tomorrow' that never came?

The classical scholar Sufyan Ath-Thawri said, "Fear evil when you are in a good situation and expect good when you are in an evil situation." This is life. A wave of tidal currents that oscillates between the ebbs of hardship and the flows of ease. Allah tests us continuously, with good (to test our gratitude) and evil (to test our patience) until the day we meet Him.

When all the people you encounter in your daily life- friends, neighbours, work colleagues, etc. - are what one may describe as decent, honest, genuine people, your worldview is limited to that narrow mindset. You begin to think that everyone and everything in the world is good. You cannot imagine concepts such as 'evil.'

That is why it is necessary to be subjected to physical, psychological, verbal and racist abuse in order to form a balanced view of the world. Having treaded both paths I have finally understood the Hadith of the Prophet (SAS): "People are like 100 camels out of which you can hardly find one suitable to ride." In other words less than one out of every 100 people is genuine: the rest are fakes. To varying degrees.

**Eyes are the window to the soul. The art of recognising good and evil in a person by reading the eyes carries its weight in gold in life in general. In prison it is priceless. Smiles, soft words, 'sincere' comments and crocodile tears cannot gloss over the evil that the eyes conceal. Learn to read the eyes and you will seize treachery before it seizes you. Fail to read the eyes and you will always be stung in life.**

At times in our lives every one of us will cross paths with a handful of truly inspirational individuals who will have a life-changing effect on us even though we may meet them only once. You know that someone has had a profound effect on you when you find yourself remembering their faces, their actions and their words long after they leave your company.

For some reason influential people tend to have more of an effect on you in their absence than their presence. The longer and more distant the absence ( e.g. death, imprisonment, exile) the more the effect they have on you. I have been honoured to meet some exceptional individuals in my life and blessed to spend moments in their company. Time and time again I picture their blessed faces and hear the echoes of their precious words in my cell as I journey through the toils of prison life, even though they are far away from me. Their faith inspires me when I feel low, their determination

motivates me when I lose hope and their wisdom advises me when I am in a difficult situation. Even though they are absent from me their influence is not.

**I am aware of men in unjust captivity today who like priceless diamonds buried deep in a mine. It would not be an exaggeration to say it is not just those who know them, but the entire world that is deprived due to their absence.**

Allah says repeatedly in the Quran: "Indeed Allah is with the patient ones."

To the individual of weak iman, these are just empty words until an experience brings them to life. There are times in prison when you experience such utter despair, hopelessness and helplessness that you pray (and curse) not from your tongue or even in your heart, but from somewhere far deeper. Those are the times when you need a response to your supplication now. Not tomorrow, not next week, month or year, but now. And I swear that Allah, Generous and Bountiful is He, never abandons you when you call Him in such a state. In these situations His Response comes immediately. By this I do not mean a good dream, but real-life miracles that first melt then strengthen your shattered heart. These supernatural signs are Allah's way of saying, "Don't worry, I am still with you."

Syed Qutb rightly said that reading the Quran whilst actually immersed in the struggle to uphold 'La ilaha illallah' (There is no god but Allah) has a different sweetness and meaning to reading the Quran in a passive state detached from reality. Every verse of the Quran becomes alive in prison. It is not just something recited in prayer or hung up on walls. It represents your daily life to the extent that Allah 'reveals' specific verses of the Quran to you in dreams at night, that correspond to the hardships you experience in the day. For years I recited the Quran day and night but I did not unlock its secrets and power until I came to prison. Now I understand why prison is known as the University of Islamic Knowledge. Muslims expect miracles from the sky

but forget the miracle living in our very midst. The Quran is the story of my ordeal. Whoever wants to know what I have gone through need only read the Quran and reflect upon it.

Allah the Almighty revealed the story of Prophet Yusuf (Joseph) (AS) in the Quran as a comfort and a symbol of hope to every unjustly detained believer until the end of time. Allah (SWT) knew that Yusuf (AS) was not the first believer to be imprisoned for his faith. And he would not be the last. That is why the scholars said that no believer recites Surah Yusuf while in any distress, except that Allah will fill him with comfort, peace and hope.

Many today say that these are dark days for the Muslim Ummah. I beg to differ. These are glorious days that will be sorely missed once gone.

Successive generations of Muslims will look back to these days as the days in which Islam was revived and heroes were made as dreams turned into realities. History is repeating itself as we have returned to the early days of Prophethood in Makkah. The Muhajireen (Emigrants) of today are those who have been forcibly expelled from their homes and estranged from their loved ones. The Ansar (Helpers) of today are those who are helping them and their families. It is precisely at times like these that nations discover their quest for mission and moment.

Years after the death of the Prophet (SAS), after the world's luxuries had opened up to them in abundance, the Companions would weep yearning for those glorious early days of hardship in Makkah. Those were the days in which many of them secured their places in Paradise. The path of hardship due to one's belief is the path of the prophets and righteous. Umar bin Al-Khattab (RA) said, "The best days of our lives were those days (of hardship) in which we exercised patience."

Continued on page 9

## Palestine-A Sad Song of World Peace

Mohammad Allam, teacher, AMU schools, (mohammad\_allam@rediffmail.com)

When some one ponders on the Palestinian struggle, the duality of the world powers appears in the different forms. The struggle for Palestine perhaps is the longest and bloodiest ongoing struggle of powerless people against the complex geo-political design of a hidden state known as Israel. The issue of Palestine has not been started from the creation of Israel in 1948 but in 1917 with Belford Declaration. The question of Israeli settlement in the occupied areas which right now is a bottle neck to American led peace process is not new. This issue started illegally under British protectorate under Mandate of League of Nations and legalized after creation of State of Israel. What is similarity in both cases is that Israel extending the boarder. Anybody can see this by comparing the map of Palestine of 1948 and map of 2009. The only difference is that previously there was no check on the Israeli doctrine of greater Israeli extending boundary, but now there is limit cry by international powers and so called Arab world.

About the duration of the settlement of the Palestine issue no one could predict. The history of the settlement is too long to remember. This can be seen in the more than 1365 resolutions of UNO, the Oslo agreement of 1993, the Road Map of USA and Sharm Al-Sheikh of Egypt. What are the common in all these efforts of peace settlements are the meeting of their vested interests by the powerful countries threatened by world politics. The UNO resolutions on Palestine were passed by American led parties supported by USSR to get the support of Arab world against the Communist block during Cold war. What all these resolutions achieved?

The Oslo agreement was drafted and signed to cool down the Arab and Muslim world temper ignited due to direct post-cold war intervention by America in Middle East. The Road Map was presented to Palestinian authority to get the Arab world support to remove off Saddam Hussein. The Sharm Al-Sheikh negotiation was launched to again fool the world and calm down the Muslim world reaction against the American war of terror in post 09/11. Now in the present, the Obama administration wants to sing the sad song of Palestine to get the support of Arab and Islamic world to tackle the nuclear problem of Iran. In all these cases the issue of Palestine remained on that point from where the UNO started. The slogan of two-nations is as old as of UNO. Till now the history shows the phase wise efforts to solve the problem by giving more time to Israel to implement the set plan. The problem of East Timor was solved by the power of western diplomacy, the case of Balkan was solved by the NATO bombing, the Irish problem was solved by tactical diplomacy and the Berlin wall was fell down with dawn of new Europe vision then why the Palestine issue remain unsolved? In all the above mentioned problems there was strong will and power to resolve. But unfortunately in case of Palestine, there is no such will and power neither from world power nor from Arab cum Muslim world. The presence of strong pro-Israel lobbies in the all major world powers and their control of foreign policies and economy debarring any government of these powerful countries to take any anti Israel step. Through these powerful countries, Israel control polity, economy, army and strategic places of Muslim countries (American presence in Turkey, Iraq, Afghanistan and Kuwait; NATO presence in Afghanistan and Turkey etc). The division of Arab world into many camps like Pro-American (Saudia Arabia, Kuwait, Egypt etc), Pro-French (Syria, Lebanon etc ) Pro Britain (all Arab countries directly or indirectly) Pro-Italy (Libya etc), Pro-Russian (Syria, former Iraq etc) Pro-Israel (Egypt, Turkey, Jordan etc) and Pro-NATO (Turkey) and their control by these camps (all these

camps are controlled by pro-Israeli) prevent them to take united stance for Palestine issue. The presence of American led establishments in the Muslim countries is mainly dominated by the Jews. These people by using the nationalities of different countries of west are working for Israel in the countries of anti-Israel Muslim world. What's the irony that no Muslim country welcomes an Israeli but can dance on tune if that Israeli has American nationality? How many such groups are working in such a way for the cause of Palestine? The only thing that Arab can do is, to donate for reconstruction of a devastated post-war Palestine. Can this sort of approach of Arab and non-Arab counter the well coordinated actions of Israel and pro-Israeli?

The case of 9/11 benefitted Israel in unprecedented ways. The noise of terrorism gave Israel to declare the entire Palestine movement as terrorist movement. By declaring entire Palestine movement as terrorist movement; Israel also got the right to kill the Palestinian on will. In pre-9/11 situation every killing of Palestine had a repercussion both in Arab world, third world and UNO but now in post-9/11 world, the killing of Palestine become an act of protecting the world from terrorist.

In response to American and pro-Israeli aid what ever the aid the Palestinian were getting from Arab world and well wishers were stopped in the name of financing terrorism. One hand the aid of Israel has been multiplied from various sources while other hand the sources of income for Palestine movement have been dried out. The more surprising is the attitude of Arab countries, over the night the past act of philanthropy turned into the act of helping the terrorist (American Laws, European Laws and UNO resolutions). This has created the imbalance in the power parity between Israel and Palestine. How a weak and broken Palestine can be equal on negotiation table?

The approach of Israel towards the peace settlement is as clear as crystal. The Israel doesn't want a Palestine state. The Israeli approach for the last half century towards the peace reveals the plan to annex all the Palestine bit by bit and push the Palestinian into Arab world. For creating place into Arab world, the Pro-Israeli powers destroyed Iraq, Lebanon and Syria. While lessening the size of population, the people of Palestine were killed on large scale. The creation of unbearable condition in Palestinian areas is to force the people to move out from Palestine and settle into Arab world. The increasing settlement plan is to limit the land access to future generation of Palestinian and encourage the Jews to settle into Israel to bring the demographic figure into favors of Israel to legalize the denying the creation of Palestine state. This is repetition of NAZI theory of Living Space in which Germany tried to annex Russian territory for Master Aryan race. The same is perusing by Israel for Semitic people in Palestine. Till then the complete ion of living Space Israel and pro-Israel powers has to sing the song of peace settlement and world peace. The longevity of peace settlement from Oslo to Obama is just a time pass strategy by Israel. The Obama Syndrome of Israel Peace settlement is just to get support of Arab world to save the balance of power of Israel in the Middle East threatened by a nuclear Iran. Mr Barrack Obama can not do anything against Israel as it is said that no Democrat win an election in America without support of Pro-Israeli lobbies. So let see how a democrat Obama can go against Israel?

In the light of present ongoing hurdle to start Palestine-Israel peace process, one can seen the plight of the People of Palestine and listen the sad song of world peace. ✓

## Paradox of Educated Person

Kaunain Shahidi, a freelance writer based at Buraydah, KSA.  
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We all know the importance of education, as it is connected with almost every aspect of our life, its absence or failure can be associated with nearly every economic, social, health, and civic problem.

There is a co-relation between education and the majority of needs in our society.

Learning, how to learn is the basis of education and it directs our choice between right and wrong. Education can also be defined as the progressive discovery of one's ignorance.

I have noticed that most of us think that being literate and knowing how to speak, read and write gives us the right to be called educated by default.

I think, education does not only mean knowledge of alphabets, and a literate person can not necessarily be an educated person. Rather, education implies an individual's learning about how to put his mind and his senses to good use.

I feel true education is something different from mere literacy. Looking at ourselves, we can know that we all are made of three constituents: body, mind and spirit. Body and mind function on account of spirit, and a proper and harmonious combination of these three is required for the making of an educated person.

I would like to share with Bakhabar readers, the features of an educated person as described by a famous writer William Arthur Ward:

Educated persons think clearly and logically, live honorably and courageously, give willingly and generously, and forgive lovingly and graciously.

They realize that their learning is never complete; that life is never ending process of growth.

They always welcome, respect and enjoy new challenges, different cultures, and unusual customs and opposing opinions.

They have thirst for additional knowledge, hunger for more truth and yearn for increased wisdom.

They know that simplicity is the essence of beauty and that personal integrity is the cornerstone of character.

They develop inner reservoirs of thankfulness and learn creative ways of expressing their gratitude to their Creator and their fellow humans.

They recognize their limitations but focus on the possibilities. They appreciate their uniqueness but celebrate their oneness with all humanity.

They do not have egoist & selfish attitude rather they love their Creator and His creations without any condition attached to that.

I realize myself to be deficient of many features of Educated Person as described above, and have to put a lot of efforts to elevate myself into that category. Let's hope and strive for being truly educated instead of just being an ordinary literate. ✓

## Hi-tech Jamrat facility fully operational

Badea Abu Al-Naja - 17 November 2009

MINA: Saudi authorities have completed the construction of the five-story Jamrat Bridge in Mina, enabling pilgrims to make full use of the high-tech facility this year for stoning the Jamrat.

The SR4.5 billion project aims to ensure a smooth flow of thousands of pilgrims during the ritual. Many pilgrims have, in the past, died in stampedes while carrying out this rite.

"We'll not allow pilgrims to squat along the roads leading to the Jamrat," said Maj. Gen. Saad Al-Khelaiwi, assistant commander of Haj Security Forces. "We'll also monitor and control the flow of pilgrims," he added.

He said the Jamrat Bridge would not be able to accommodate more than 300,000 pilgrims an hour. "So we have appointed 19 commanders along the roads to stop pilgrims when the number exceeds 300,000."

Addressing a press conference in Mina, Al-Khelaiwi said pilgrims would not be allowed to carry large bags while going to perform the stoning ritual, adding that more than 12,000 men would be taking part in the operation.

Maj. Muhammad Al-Shahri, commander of the Command and Control Center, said his center has the ability to monitor all operation areas. "We have installed more than 1,850 cameras in different parts of the holy sites and the Grand Mosque," he said.

Maj. Gen. Khidr Al-Zahrani, assistant commander for Security Affairs, said his forces would focus on preventing crimes.

"We have established about 30 police stations in the holy sites to receive pilgrims' complaints."

The state-of-the-art Jamrat Bridge is designed to accommodate five million pilgrims. It has 10 entrances and 12 exits distributed over the four levels plus others to accommodate pilgrims coming from different directions. There are some more works pending: construction of four helipad towers and eight escalator towers, which will be ready next year.

Another major project is currently underway to redesign and develop Arafat at a cost of SR500 million. The first phase of the project was begun earlier this year and will cost about SR170 million. It consists of reconstructing roads, service utilities, tent locations, leveling eight small rocky outcroppings, and a sewage network for rain and floodwater.

Once completed, it will be easy for pilgrims to enter and exit Arafat. The service roads and emergency exits will be clearly marked. The leveling of the outcroppings will provide an empty area that can accommodate some 100,000 pilgrims. It will also provide space for the construction of more than 200 toilets and a major road 700 meters long and 30 meters wide. ✓

## China expands its imperial ambitions in Africa

The Chinese government has pledged to give African countries billions of dollars in cheap loans at a two-day Africa-China summit in Egypt. Addressing hundreds of Chinese and African businessmen at the Red Sea resort of Sharm El-Sheikh on Sunday, Wen Jiabao, China's premier, said he would also cancel debts of African countries. "We will help Africa build up its financing capabilities ... we will provide \$10bn for Africa in concessional loans," he said. Wen insisted that his attempt to boost trade ties with Africa was not being pursued at the expense of the continent. He rejected critics who say that resource-hungry China ignores the human-rights records of many of the continent's nations. "Our efforts are sincere and selfless, without political strings attached," he said. The Asian giant is now Africa's second-largest trade partner, with the average yearly growth rate of that trade at over 33 per cent. In 2006, the Sino-African summit included \$5bn in loans and a number of projects, including building hospitals, anti-malaria centres, schools and roads - which Chinese officials say have largely been met. Direct investment hit \$7.8bn in 2008, and total China-Africa trade grew to roughly \$107bn by that year - a tenfold increase from the start of the decade.

## Israeli ambassador to Turkey pelted with eggs

Twenty Turkish students were arrested after they bombarded the car of Israel's ambassador to Turkey with eggs. Gabi Levy had arrived to deliver a lecture at the Karadeniz Teknik University in the Black Sea port of Trabzon when he was confronted with Wednesday's protest. The university students, who were reportedly protesting Israel's military offensive in Gaza last winter, shouted "Israel is a murderer," the Hurriyet Daily News reported. During a visit by Levy on Tuesday, a local Turkish mayor in a nearby town condemned Israel's "policies of expansion and occupation" and said that self-defence should not involve "killing children," according to Hurriyet. Israel-Turkey relations have grown tense since the Gaza war, with Turkey under US instructions taking the lead in some international forums in demanding that Israel be held accountable for alleged war crimes. Last month Turkey prevented Israel from joining a NATO-alliance military exercise that ultimately was cancelled due to Israel's exclusion.

## China launches strike hard campaign against Muslims

Police in China's far west have stepped up a hunt for people who took part in deadly ethnic riots there-four months ago and other so-called terrorists, the regional public security ministry said Tuesday. The "Strike Hard" campaign is to run from November through the end of the year and will cover the entire remote Xinjiang region, with police on high alert for alleged terror plots, the ministry said in a statement. Hundreds have already been arrested and nine people sentenced to death. Uighurs are a Turkic Muslim ethnic group linguistically and culturally distinct from China's majority Han. The Uighurs see Xinjiang as their homeland and resent the millions of Han Chinese who have poured into the region in recent decades. A simmering separatist campaign has occasionally boiled over into violence in the past 20 years. China says overseas Uighur separatists orchestrated the riots to worsen ethnic divisions and bolster their campaign for independence but the government has provided little evidence to back up its claim. ✓

## When your hut is on fire...

The only survivor of a shipwreck was washed up on a small, uninhabited island. He prayed feverishly for Allah to rescue him. Every day he scanned the horizon for help, but none seemed forthcoming. Exhausted, he eventually managed to build a little hut out of driftwood to protect him from the elements, and to store his few possessions. One day, after scavenging for food, he arrived home to find his little hut in flames, with smoke rolling up to the sky. He felt the worst had happened, and everything was lost. He was stunned with disbelief, grief, and anger. He cried out, 'God! How could you do this to me?' Early the next day, he was awakened by the sound of a ship approaching the island! It had come to rescue him! 'How did you know I was here?' asked the weary man of his rescuers. 'We saw your smoke signal,' they replied.

### The Moral of This Story:

It's easy to get discouraged when things are going bad, but we shouldn't lose heart, because Allah is at work in our lives, even in the midst of our pain and suffering. Remember that the next time your little hut seems to be burning to the ground. It just may be a smoke signal that summons the Grace of Allah. ✓



School Bus in Japan

## FROM THE DOCTORS DESK

### BENEFITS OF REGULAR PHYSICAL ACTIVITY

Dr. Moiz Shams, Aligarh

Bad habits are hard to break. Good habits can be too. Regular (daily or at least most days of the week) physical activity is one habit that should be unbreakable if you want to maintain or improve your health.

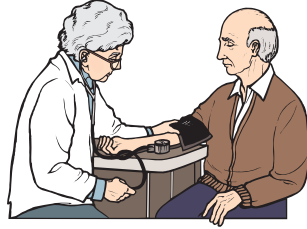
#### SHORT TERM BENEFITS:

- A healthier heart
- Increased endurance
- Healthy muscles, bones, and joints.
- Improved burning of calories
- More energy
- Better ability to cope with stress
- A sense of well being
- Improved ability to fall asleep and sleep

#### LONG TERM BENEFITS:

Reduced risk of :

- Dying prematurely
- Dying from heart disease
- Developing Diabetes
- Developing High Blood Pressure
- Becoming obese
- Developing colon cancer



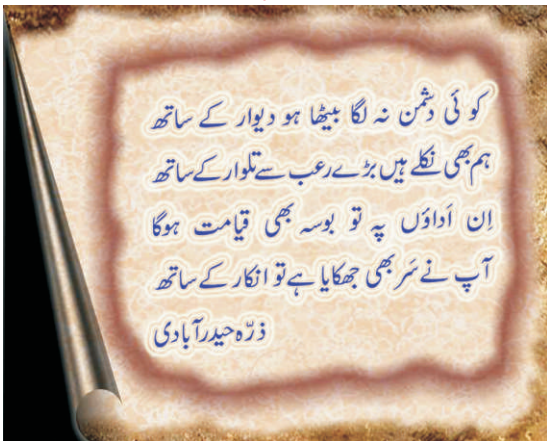
#### BEING ACTIVE:

Choose a variety of activities that you enjoy doing regularly and engage in these at moderate intensity for at least 30-60 minutes at least 5 days a week. It is not necessary to exercise all in one session. Several 10-15 minute sessions can be just effective.

#### LENGTH OF EXERCISE SESSION AND INTENSITY:

Exercise that raises your heart rate is ideal, but exercise does not necessarily need to be strenuous to be beneficial; many activities of daily living such as climbing stairs or walking from the bus to your office can provide benefits.

If you choose a less vigorous activity, you should spend more time doing that activity. For example, you need a longer session of brisk walking (30 mins or longer) to experience some of the similar health benefits of a short session of a more strenuous exercise like jogging (15 mins to 20 mins). Build up to a longer session or more strenuous exercise gradually.



## Home Remedies

### Acidity

1. Take a tiny piece of jaggery (gur) every hour. Just keep it in the mouth and slowly suck it till acidity subsides.
2. Drink coconut water 3-4 times a day. Have a plateful of watermelon (tarbooz) and/or cucumber (kheera) every hour.
3. Harad juice, 1-2 teaspoon daily after meals is very effective in controlling acidity. The juice can be mixed with an equal amount of amla juice for better results. To take out amla juice, grate an amla and squeeze the pulp through a clean muslin cloth to get juice.
4. Chewing a piece of harad is an age old remedy.

### Acne

1. Clean face with cotton wool dipped in rose water 2-3 times a day. Do not use soap.
2. Orange peel is very good in the treatment of acne. Grind the peel with some water to a paste and apply on affected parts. when oranges are not in season, you may use a powder of dried orange peels. For this, when oranges are in season, dry orange peels in shade. Powder finely in a grinder and sift it to make it a very fine powder. Store in an air tight bottle for future use.
3. Mix 1 teaspoon lemon juice in 1 teaspoon finely ground cinnamon (dalchini) powder and apply on affected areas frequently. Sift the cinnamon (dalchini) powder to make it into a very fine powder.
4. Crush a fegarlic (lasan) flakes and apply on the face, once or twice a day. Swallowing 1-2 flakes of ragarlic regularly helps further.
5. Grind some neem leaves with water to a fine paste. Apply on infected area.
6. Make a paste of ½ teaspoon each of sandalwood and turmeric (haldi) powder in a little water and apply.
7. Grind some black cumin seeds (shah jeera) with a little vinegar (sirka) to a smooth paste. Apply on affected parts. cumin seeds ✓

Narrated Abu Huraira (radi'Allahu anhu): Allah's Apostle (sall'Allahu alaihi wa sallam) said:

"Any person who takes a bath on Friday like the bath of Janaba and then goes for the prayer (in the first hour i.e. early), it is as if he had sacrificed a camel (in Allah's cause);

and whoever goes in the second hour it is as if he had sacrificed a cow;

and whoever goes in the third hour, then it is as if he had sacrificed a horned ram;

and if one goes in the fourth hour, then it is as if he had sacrificed a hen;

and whoever goes in the fifth hour then it is as if he had offered an egg.

When the Imam comes out (i.e. starts delivering the Khutba), the angels present themselves to listen to the Khutba."

## Comprehensive Report on RAHBAR Coaching Centre Shahpur Baghauni, Samastipur

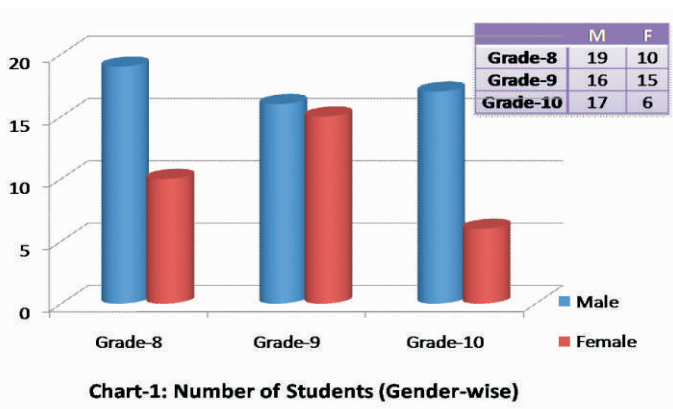
For Project updates visit [http://www.biharanjuman.org/RAHBAR\\_coaching\\_projects.html](http://www.biharanjuman.org/RAHBAR_coaching_projects.html)

**Objective:** As “High levels of drop outs” is among the major concerns of Bihar Anjuman. The purpose behind the establishment of this centre is to provide free coaching classes for 8th, 9th, and 10th grades, to reduce drop-out levels.

**Initiative:** Classes started at Madarsa Islamia, Shahpur Baghauni, Samastipur on 16th August 2009, With in a fortnight of the commencement of classes at Patna centre on 4th August 2009.

**Turnout:** Mashallah, a total of 83 students are currently being coached for 8th, 9th, and 10th grades. Alhamdulillah, the number of students at the centre is much above the planned strength of 60 (20 in each class). This is a good instance of positive response received in lieu of the efforts put by the team involved in this project.

Below is the statistical categorization of students on the basis of grade and gender.



**Timings:** Classes are conducted for 3 hours in the morning, before the students leave for their respective schools.

**Performance assessment mechanism:** Fortnightly tests have been conducted at the centre, to assess the progress of students. Till now 6 tests had been conducted as detailed below:

- Test-1: 31st Aug
- Test-2: 16th Sep
- Test-3: 3rd Oct
- Test-4: 19th Oct
- Test-5: 30th Oct
- Test-6: 16th Nov

### Outcome of Coaching:

The impact, coaching has had on the performance of the students is reflected by the results of the four tests, as captured in the chart below:

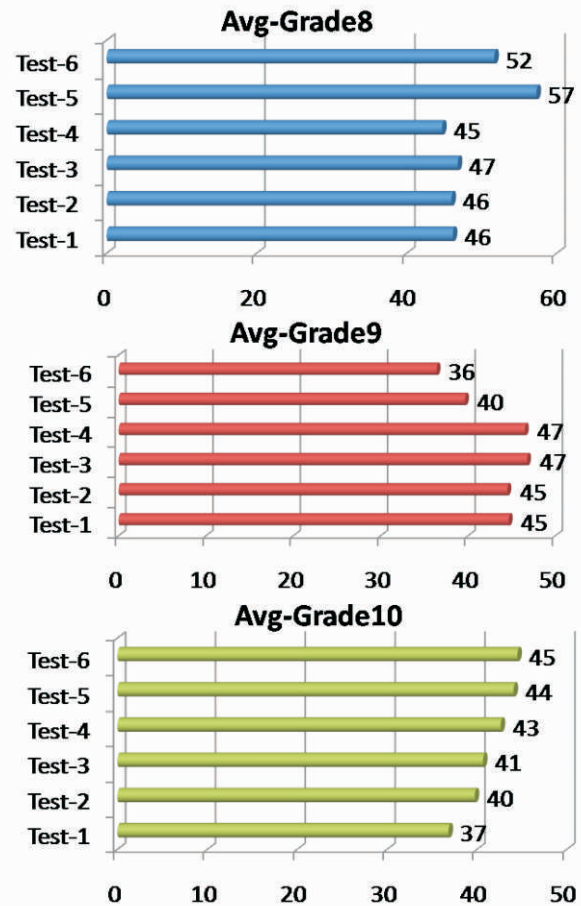
As can be seen, a significant improvement of 8% has been witnessed in the performance of grade 10, which seems to indicate that the teachers have focused on them and the students as well reciprocated in a similar way.

Grade 10 students are expected to write their Board Exams in first week of March, hence the substantial improvement in their performance is indeed very encouraging. We expect and pray for them to work even harder and prove their mettle in the exams.

An important aspect to note is the improvement in the average score in math from 33.5% in Test-1 to 45% in Test-6, and average score in science from 37% in Test-1 to 45% in Test-6. Fortunately, these are the two areas Bihar Anjuman has planned to focus on.

The grade-8 students seem to have taken longer in picking up, but six tests later, they have gained 6% in average scores, Alhamdulillah.

The 9th graders seem to be lagging behind in the race for improvement, and the declining performance in the last 2 tests needs to be thoroughly investigated so as to take corrective measures, as early as possible.



**Chart-2: Grade-wise Performance**

**Challenges:** The main challenges for this centre is the lack of quality teachers, severe shortage of power supply and to give more time and focus on girl students through extended class-hours.





Continued from page 3

There is no time to rest; that will come later. Prison is not a place of rest. In fact this whole dunya is not the realm of rest. Khalid bin Al-Waleed (RA) said, "Rest is only in the Hereafter. Man will rest in the Hereafter according to how much effort he expends in the dunya." Imam Ahmad's students asked him when they were experiencing hardships, "When will we rest?" He replied, "When our first step enters Paradise, that is when we will rest."

Fear of the future is what holds you prisoner; hope is what sets you free. Hardship is overcome by hope and the excitement of good things to come. And good things will come, for it is Allah's unconditional Promise: "Allah will make after hardship, ease." (Quran 65:7). I can feel the breeze of relief blowing in my face and its vibrations in my blood. It's only a matter of time before it arrives.

The story is not over yet as articulated by this quote: "Life is a book with many chapters. Some tell of tragedy, others tell of triumph. Some are dull and ordinary, others intense and exciting. The key to success in life is to never stop on a difficult page, to never quit on a tough chapter. Champions have the courage to keep turning the pages because they know that a better chapter always lies ahead, because with Allah all things are possible."

And the last chapter of a book is always the best. ✓

ہم نے خوشیوں کی طرح دکھ بھی اکٹھے دیکھے  
صفحہ زیست کو پلٹو گے تو یاد آؤں گا

اسی انداز میں ہوتے تھے مخاطب مجھ سے  
خط کسی اور کو لکھو گے تو یاد آؤں گا

سرد راتوں کے مہکتے ہوئے سناٹوں میں  
جب کسی پھول کو چومو گے تو یاد آؤں گا

اب تو یہ اشک میں ہونٹوں سے چرا لیتا ہوں  
ہاتھ سے خود نہیں پونچھو گے تو یاد آؤں گا

شال پہنائے گا اب کون دسمبر میں تمہیں  
بارشوں میں کبھی بھیگو گے تو یاد آؤں گا

اس میں شامل ہے مرے بخت کی تاریکی بھی  
تم سیہ رنگ جو پہنو گے تو یاد آؤں گا

## Prayers in Islam, Part-3

Gheyas S Mahfoz Hashmi, Jeddah (Hgheyas@savola.com)

..... Continued from the July Issue.

Sorry for discontinuation of this article in last few issues due to covering some important special topics on Ramadan and Hajj.

"Satan has covertly been working on us. He stops us from doing obligatory deeds and tempts us to do supererogatory performances. We are following Satan's footsteps and he is pleased with our actions, thus, making his mission successful.

Moreover, there are several Hadithes that are indicative of the type of dreadful punishment to be inflicted on those who manifest carelessness in performing Salah. Such punishment is not limited to Hereafter only but it may be given in this world too. Allah says in Sura (Ma'un):

"SO WOE TO THE WORSHIPERS WHO ARE NEGLECTFUL OF THEIR PRAYERS."

This is a clear indication of the unfavourable consequences for Muslims who show laziness in performing prayers. We must take a serious note of it. If life-time passed, we can't make any remedy to our carelessness, oversight and mistake. It is up to us to make our destiny bright or dark.

While Muslims are warned of the above consequences which they may come across if they remain negligent of performing Salah, Allah, on the other hand, gives good news to them if they have been regular in their Salah. Allah has words for dutiful Muslims of generous benefits. Salah is a gift given to our last prophet (pbuh) for his Ummah. It comforted our prophet (pbuh) and he used to take protection in its edge. Whenever he faced any hardship or problem, he resorted to Salah and sought Allah's assistance.

The Quran and Hadithes are full of virtues and advantages of Salah. It is authentically reported by Muslim at the authority of Abu Horairah رضی اللہ عنہ that the prophet said, "Allah has divided Salah into two, half for Himself and half for His Servants. They will get whatever they wish for. They say الحمد للرحمہ والرحمہ للرحمہ. Allah replies My Servants praised Me. They say الحمد لله والحمد لله. Allah replies My Servants glorified Me. They say الحمد لله والحمد لله. Allah says My Servants commended Me. They say الحمد لله والحمد لله. Allah says This is between Me and My Servants. They will get what they asked for. They say الحمد لله والحمد لله. Allah replies This is precisely for My Servants. They will have what they wished for."

If we look into the above Hadith, we will come to know how Allah is nearer to those who are prompt in their Salah and how He replies to their each question. Salah is one of the best worships that make Muslim closer to Him. Its regularity and punctuality are manifestation of one's faithfulness to Him, recognition of His blessings and thankfulness for His full kindness and favour. Allah also says in Sura (Muminoon):

"THE BELIEVERS WHO HUMBLE THEMSELVES IN THEIR PRAYERS HAVE WON THROUGH."

Muslims are required to show punctuality, humility and earnestness in their prayers. Salah guarantees worshipers prosperity and success and help them obtain salvation from sorrow and evil. The prosperity and victory may come in this world, but are certain and lasting in the world to come. Allah describes their traits in the same Sura saying:

"AND WHO, (STRICTLY) GUARD THEIR PRAYERS, WILL BE HEIRS. THEY WILL INHERIT PARADISE AND DWELL THEREIN FOREVER."

..... to be continued.

## Har Mirch

Seraj Akram



- Masha Allah janwaron ki qurbani ka jazba qabil -e-deed hota hai lekin dusri qurbani me wo jazba nahi dikhta. to kya janwar itna aham hai ya Qurbani? kya janwar ki qurbani sirf alamati nahi? Allah ko uske raah me

har tarah ki qurbani pasand nahi? ya sirf janwar ki qurbani hi pasand he?

- Allah ke pas janwar ka khun nahi balke niyat aur irade ki qadar he to kya hame apne niyat ko aur pakeezah karne ki zarurat nahi, dikhawne se parhez karne ki zarurat nahi?

## الہی میں تجھ سے دعا مانگتا ہوں

الہی میں تجھ سے دعا مانگتا ہوں  
تو کر درگزر ہر خطا، مانگتا ہوں  
گناہگار ہوں میں خطاکار ہوں  
اے غفار تیری عطا مانگتا ہوں  
اٹھا کر یہ خالی تیرے آگے جھولی  
گداگر ہوں تیرا گدا مانگتا ہوں  
میں امراض دل سے پریشان ہو کر  
اے شافی میں تجھ سے شفا مانگتا ہوں  
مجھے قبر کی سختیوں سے بچا لے  
میں رو رو یہی التجا مانگتا ہوں  
تیرے خوف سے جو آنکھ میں پھیل جائے  
میں قطرات کی وہ ردا مانگتا ہوں  
مجھے بھی شبستانِ جنت عطا کر  
میں تجھ سے تیری ہر رضا مانگتا ہوں  
غلامِ پختن (محمد حسن اقبال چشتی)

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## Bihar News

**Bihar film-maker gets international film award Patna, (BiharTimes):** Noted film-maker, Arvind Sinha, has won another international award recently for his film 'King of India' at an international film competition in Morocco. Some of the best films of the world also took part in the competition.

### Gammon Infra bags contract for upgradation of Muzaffarpur-Patna highway

Mumbai, Nov 20 (IANS) Construction major Gammon Infrastructure has bagged a highway project worth Rs.850 crore from National Highways Authority of India (NHAI), the company said Friday.

### Bihar's per capita energy consumption lowest:

Report Patna, Nov 20 (IANS) Bihar's per capita energy consumption is the lowest in the country and the government's rural electrification campaign is a "failure", according to a report by the Greenpeace India Society.

### Bihar villagers now get green electricity

New Delhi, Nov 20 (IANS) A technology that converts rice husk into electricity is gaining ground in Bihar. Some 100,000 households in the state already use electricity produced from biomass and their number is steadily growing.

### IIT Patna land acquisition work completed,

construction to begin soon Patna,(BiharTimes): The state government has finally acquired 500 acres of land in Bihta subdivision of Patna district for the Indian Institute of Technology, Patna. The land has been acquired from Amhara, Dayalpur and Bilawarpur villages near Bihta, about 40-odd kilometres from the state capital.

### Unique Identification Card aims at bringing entire population into system:

Nilekani Patna,(BiharTimes): The idea of the Unique Identification Card is to bring the last of the have-not into the axis of beneficiaries.

### Nandan Nilekani praises e-governance work in Bihar

Patna, Nov 17 (IANS) Co-founder of Infosys and chief of India's Unique Identification Database project Nandan Nilekani, praised the e-governance work and the initiatives taken by the Bihar government.

### Bihar gets 55 investment proposals at IITF

### Holiday Inn to come up with Five-Star hotel in Patna ✓